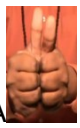
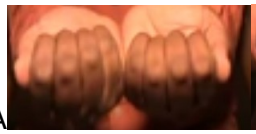
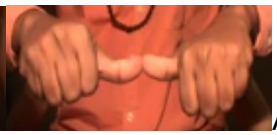
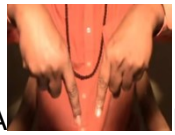
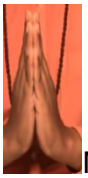
Six avahana mudras to invoke mother goddess.

AAVAHITHA BHAVA SAMSTHAPITHA BHAVA

SANNIDHAPITHA BHAVA  SANNI RUDDHA BHAVA

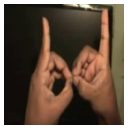
SAMMUKHI BHAVA   AVAKUNTHITHA BHAVA  ROTATE RIGHT FINGER CLOCK WISE AND LEFT ANTI CLOCKWISE LIKE DRAWING 2 CIRCLES. FIRST WITH RIGHT AND THEN WITH LEFT

VANDHINI MUDRA.  NEAR TO HEART

DHENU MUDRA. Or SURABHI MUDRA

SARVA YONI MUDRA – ALL THE SEVEN CHAKRAS ARE FOUND IN SARVA YONI MUDRA_____

SARVA SANKSHSBINI MUDRA, BEEJA MANTRA – DRAAM, CHAKRA BEEJA MANTRA – AM AAM SOUH,

PRATHAMA AAVARANAM , TRILOKYA MOHANA CHAKRA, GODDESS – TRIPURA 

OM AIM HREEM SHREEM DHRAAM SANSKSHOBANA MUDRA SRI PADUKAM POOJAYAMI NAMAH

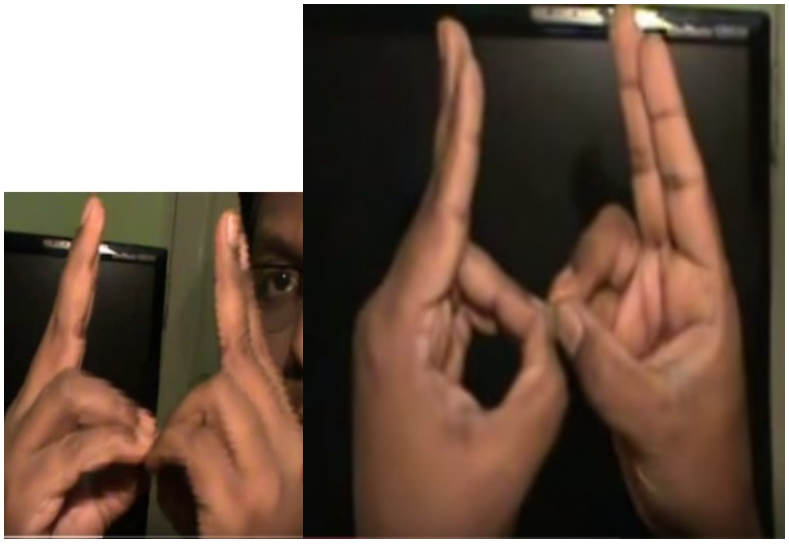
SARVA VIDRAVINI MUDRA --- BEEJA MANTRA --- DHREEM

CHAKRA BEEJA MANTRA --AIM KLIM SOUH

DWITHIYA AAVARANAM ---SARVASA PARIPOORAKA CHAKRA

GUPTA YOGINI

TRIPURESHI


OM AIM HREEM SREEM DREEM SARVA VIDRAVINI MUDRA SHAKTE , SRI PADHUKAAM POOJYAMI NAMAH

SARVAAKARSHINI MUDRA

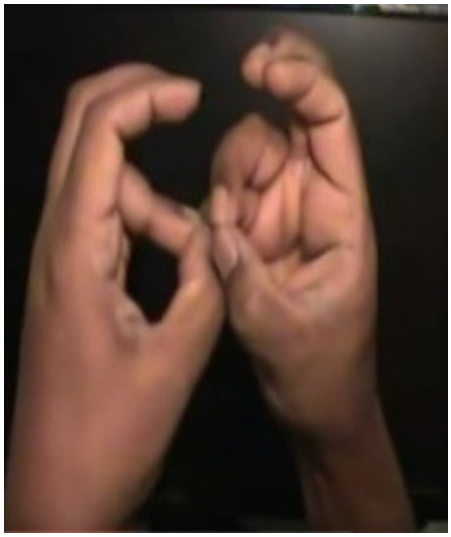
BEEJA MANTRA – KLEEEM

CHAKRA BEEJA MANTRA –HREEM KLEEM SOUH

TRITHIYA AAVARANAM --SARVA SANKSHOBHANA CHAKRA

GUPTA TARA YOGINIS

TRIPURA SUNDHARI


OM AIM HREEM SHREEM KLEEM SARVAKARSHINI MUDRA SHAKTI , SHREE PAADUKAM POOJAYAMI NAMAH

SARVA VASHANKARI MUDRA

BEEJA MANTRA --BLOOM

CHAKRA BEEJA MANTRA --HAIM, HA HLEEM, HA SOUH

SARVA SOUBHAGYA DHAAYAKA CHAKRA

SAMPRADHAAYA YOGINI

TRIPURA VASINI

OM AIM HREEM SHREEM BROOM SARVAVASHANKARI MUDRA SHAKTHI SRI PAADHUKAM POOJAYAMI NAMAH

SARVONMADHINI MUDRA

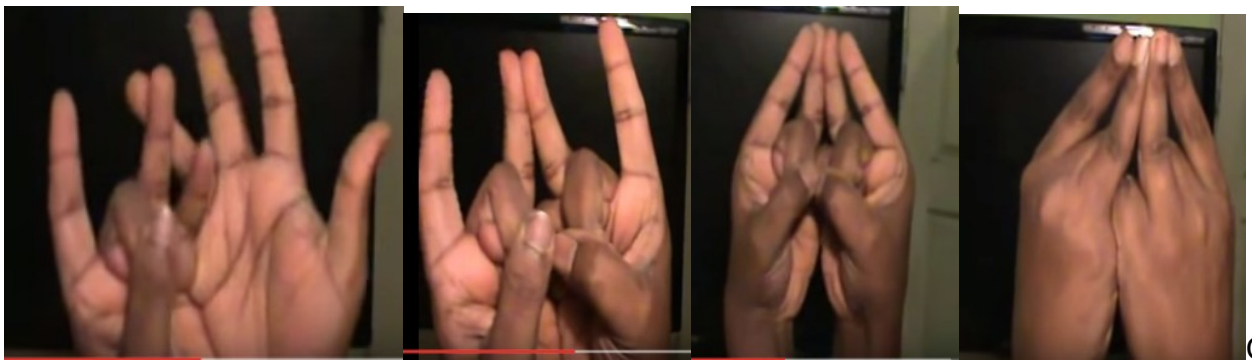
BEEJA MANTRA -- SAHA

CHAKRA BEEJA MANTRA – HS AIM, HSKLEEM, HS SOUH

PANCHAAMA AVARNAM – SARVAARDHA SAADHAKA CHAKRA

KULOTHEERNA YOGINI

TRIPURASRI


OM AIM HREEM SHREEM SAHA, SARVONMADHINI MUDRA SHAKTI SRI PAADHUKAM POOJYAMI NAMAH

SARVA MAHANKUSHA MUDRA

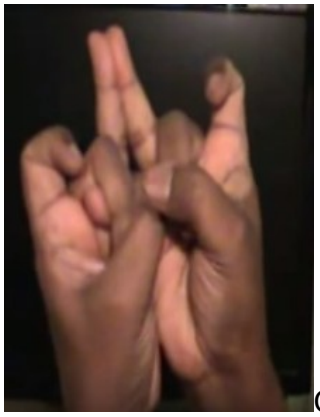
BEEJA MANTRA --KROOM

CHAKRA BEEJA MANTRA --HREEM KREM BLEEM

SHASTA AVARNAM – SARVA RAKSHAKARA CHAKRA

NIGARBHA YOGINI

TRIPURA MALINI

 OM AIM HREEM SREEM KROOM SARVA MAHANKUSHA MUDRA SHAKTHI SRI PAADUKAM POOJAYAAMI NAMAH

SARVE KHECHERI MUDRA

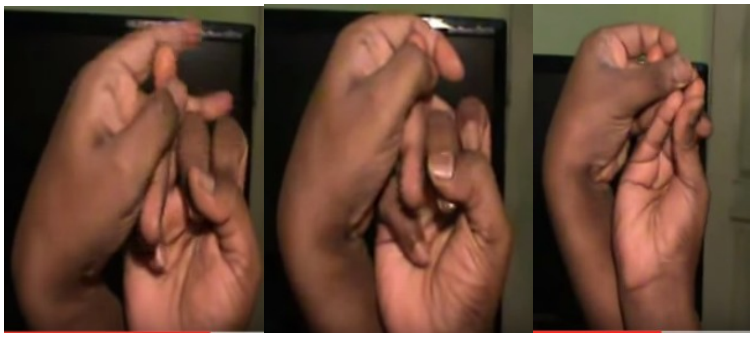
BEEJA MANTRA --- HSKPHREEM

CHAKRA BEEJA MANTRA --- HREEM SHREEM SOUH

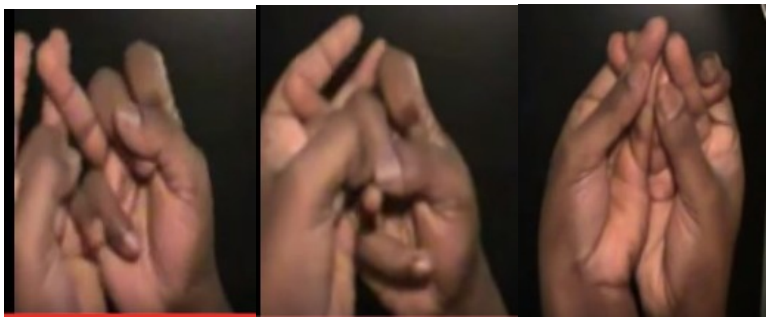
SAPTAMA AVARNA – SARVA ROGAHARA CHAKRA SWAMINI

RAHASYA YOGINI

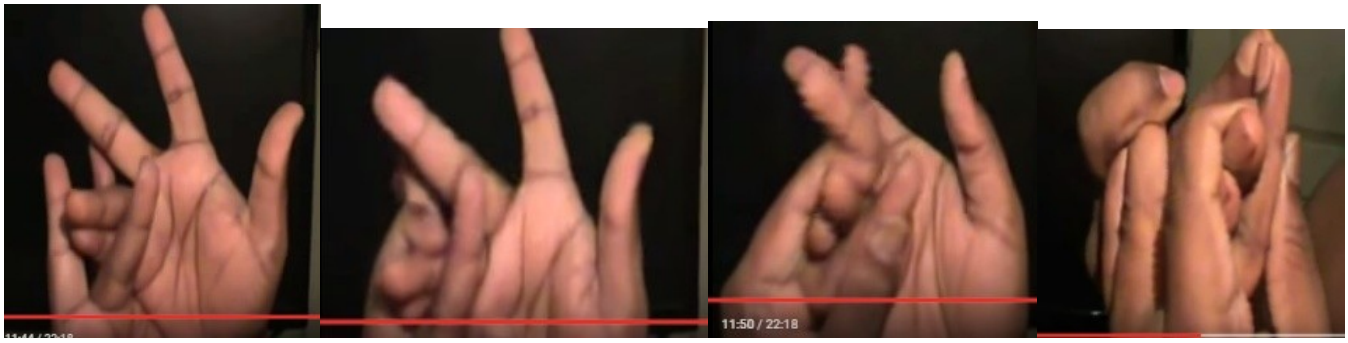
TRIPURA SIDDHI

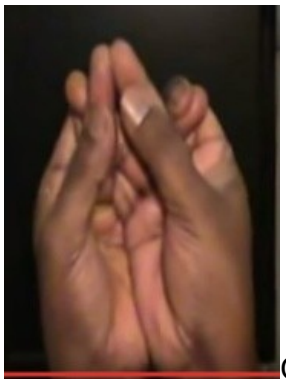


OTHER WAY



ANOTHER METHOD




OM AIM HREEM SHREEM ISPREEM SARVA KHECHARI MUDRA SHAKTI SRI PAADUKAM POOJAYAMI NAMAH

LEFT ELBOW ON RIGHT ELBOW

SARVA BEEJA MUDRA

BEEJAMANTRA –HRSAUH

CHAKRA BEEJA – HASRAIM HASRLEEM HASSOUH

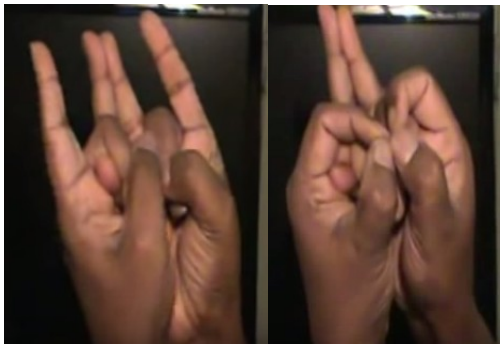
ASTAMAAVARNAM – SARVA SIDDHI PRADHA CHAKRA

ATHI RAHASYA YOGINI

TRIPURAMBIKA

OM AIM HREEM SHREEM SOUH SARVA BEEJA MUDRA SHAKTI SRI PAADHUKAM POOJAYAMI NAMAH.

ANOTHER METHOD



SARVA YONI MUDRA

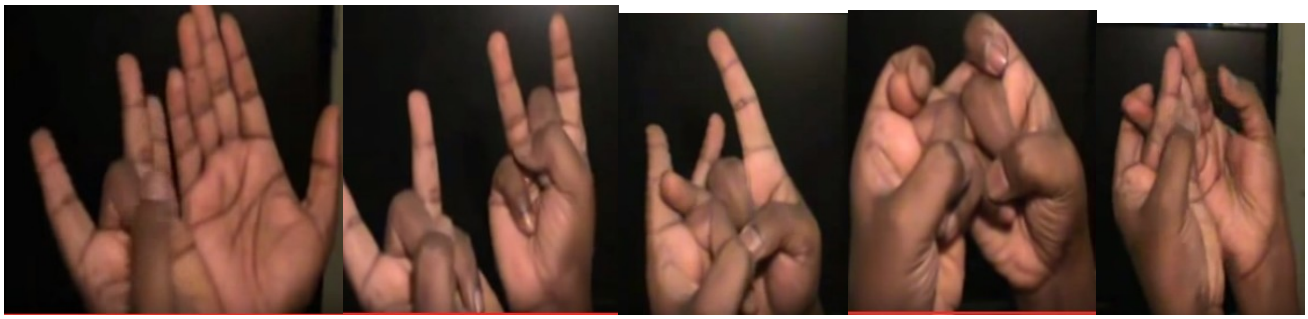
BEEJA MANTRA – AIM

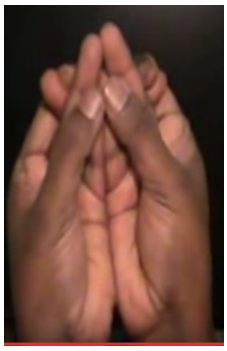
CHAKRA MANTRA – PANCHA DASHI MANTRA

NAVAMAAVARNAM – SARVANDHAMAYA CHAKRA

PARAAPARA RAHASYA YOGINI

MAHATRIPURA SUNDHARI





OM AIM HREEM SREEM HAIEM , SARVA YONI MUDRA SHAKTHI SRI PAADHUKAM POOJAYAMI NAMAH

PRESS THE THUMB ON TOP REKHA OF MIDDLE FINGER.

SARVA TRIKHANDA MUDHRA

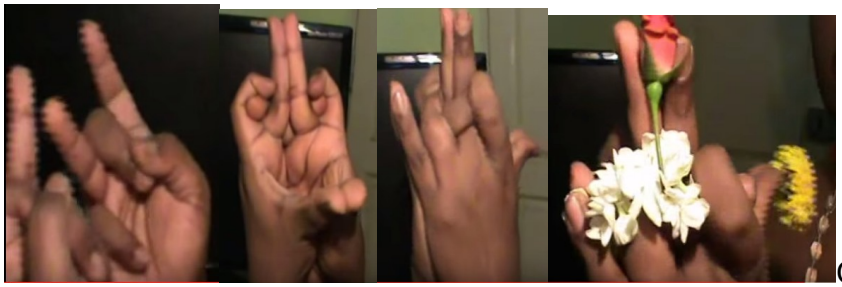
BEEJA MANTRA --HSRAIM HSKLREEM HSSOUH

CHAKRA MANTRA – SODHASHA

NAVAMI AAVARNAM – SARVANANDHAMAAYA CHAKRA

PARAAPARA RAHASYA YOGINI

MAHA TRIPURA SUNDHARI


OM AIM HREEM SHREEM SHRAIM SRIHEEM SOUH SARVA TRIKHANDA MUDRA SHAKTI SRI PAADHUKAM POOJAYAMI NAMAH